

NAVALSUPPORTACTIVITY MID-SOUTH

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Host command to change leadership June 24





Dunn

In a change-of-command ceremony to be held on June 24, Capt. Matt Straughan will assume the duties as NSA Mid-South commanding officer from Capt. Helen F. Dunn.

The guest speaker for the ceremony will be the commander of Navy Region Southeast, Rear Adm. Annette E Brown. The event is open to the public, and everyone is invited to attend.

The ceremony will take place June 24 at 10 a.m. in the NSA Mid-South Gymnasium on the north side of the base.

E-mail scam attempts to draw in credit union customers

Recently Navy Federal Credit Union (NFCU) clients have become victims of unsolicited email scams known as "phishing." The unsolicited emails (see sample below) request individuals to visit the NFCU website or Web page to confirm any combination of account numbers, card numbers, personal details, personal identification numbers, and other personal information. <u>This</u> email is fraudulent and should not be answered.

These types of e-mails are not legitimate. In-

dividuals should never reply or follow the instructions in any way. The Web sites or pages associated with these e-mails are not NFCU sites; they are spoofed pages.

are spoored pages.

REMEMBER, many of these types of "phishing" scams exist. Your financial institution will never request that customers verify confidential information such as card numbers through e-mail.

For more information, contact the staff judge advocate, Lt. Cmdr. Kristen Coyne, at 874-5446.



Barefoot brother, neatnick sister

brother, Zachary, when he decides to take off his shoes and run around at Navy Personnel Command's recent picnic following their "Olympics" on the base's north side. Jordan is the daughter of Lt. Cmdr. Mark Glover, Engineering Duty Officer junior detailer at PERS-44.

For more photos of NPC's Olympics and the after-picnic, see pages

Jordan Glover (above) thinks it's important to straighten up after her

Public Works and ROICC Field Office Memphis will soon begin sewer line replacement projects in two areas. The first will replace sewer lines near McDonald's and will last through June 22nd.

The sidewalk between McDonald's and the First South Credit Union leading to the Navy Exchange will be secured until the construction is complete, which will last approximately seven days. The area will be barricaded off to protect personnel from the construction site.

The second area includes re-

placement of sewer lines west of the Helmsman Complex and ex-tends northward to Bldg. S-454, NSA Mid-South Bachelor Quarters. This project should begin no earlier than the 27th of June and will last roughly four weeks. Approximately 30 feet of the parking mately 30 reet of the Felmsman Complex of the Helmsman by the will be affected by the project and will be barricaded off to keep pedestrians clear and provide necessary room for construc-

Temporary road and parking lot closures will occur between June 27 and July 29 and will be identified by signs, flags and flashing markers.

Please be patient. Any road closure should be temporary. For safety reasons, all personnel are reminded to remain well clear of all construction zones without prior permission of the ROICC resident engineer or the project engineering technician.



NAVY FEDERAL CREDIT UNION ACCOUNT UPDATE

We recently reviewed your account, and we suspect an unauthorized ATM - based transactions on your account access. Our banking service will help you to avoid frequently fraud transactions and to keep your savings and investments confidential.

To ensure that your account is not compromised please login to NAVY Account Access by clicking this link, verify and update your profile and your current account access will be 128-bit encrypted and guard by our security system.

- Log-in on: https://myaccounts.navyfcu.org/cgi-bin/ifsewww.c
- Enter your Account Access details
- Verify and update with NAVY FEDERAL

Thank you for using F.C.U Account Access Security

Important information from NAVY FEDERAL CREDIT UNION @

This e-mail contains information directly related to your account with us, other services to which you have subscribed, and/or any application you may have submitted. NAVY and its service providers are committed to protecting your privacy and ask you not to send sensitive account information through e-mail. You can view our privacy policy and contact information at www.navyfcu.org. If you are not a NAVY customer and you believe you received this message in error, please delete this e mail.

Newsbriefs

NEX flyer onlineYou asked for it! The Navy Exchange sales flyer is now accessible on line via the corporate Web site at www.navy-nex.com.

Chapel Center Vacation Bible School

The Chapel Center will hold its annual Vacation Bible School June 20-The Chapel Center will hold its annual Vacation Bible School June 20-24 from 6-9 p.m. at the center. Join in on the Solar Express and learn how to be "empowered by the Son" to have a right heart attitude, be happy for others, witness, pray and obey. Aged 5-12 children of active duty, retired, and Defense Department employees are welcome to attend. Pre-registration and medical power-of-attorney forms are required, and both are available at the Chapel Center. Teenage helpers are needed as volunteers and are welcome, but must also be registered. For more information, call the Chapel Center at 874-5341.

Navy-Marine Corps Relief Society

Doctor and dental bills breaking your budget? The Navy-Marine Corps Relief Society (NMCRS) may help pay those bills for medically-necessary treatment at civilian clinics, doctors' offices and hospitals. If you are on active duty and are eligible, and enrolled in the Family Member Dental Plan, the society can assist with the cost of dental work. The society can also help your family defray the cost of essential medical care beyond the scope of military hospitals, or outside TRICARE and/or MEDICARE coverage. Inquire at your local NMCRS office today: call 874-7350.

The NMCRS is a valuable resource to Sailors, Marines and their

The NMCRS is a Valuable resource to Saliors, Marines and their families. For more information or assistance in any way, please call 874-7350 to schedule an appointment. Appointments are encouraged. The hours of operation are Tuesday, Wednesday and Thursday from 9 a.m. to 1 p.m. The Thrift Shop, located at building S-239, is open Tuesday and Thursday from 11 a.m.-1 p.m.; Wednesday and Friday from 9 a.m.-1 p.m., and the first Saturday of each month from 9 a.m.-1 p.m.

John Finn Lounge

The John Finn Lounge, located in the Helmsman Complex, will be closed Friday, June 17 at 2 p.m. for the remainder of the day. The Eagle's Peak Grille and Bar, located at the Glen Eagle Golf Course, will be open.

Health Clinic and Pharmacy closing

The Naval Branch Health Clinic and Navy Exchange Pharmacy will close at 11:30 a.m. on Wednesday, June 22, 2005 for their change of charge ceremony.

Career handbook provides tools for planning future

By JO1 Teresa J. Frith

Sailors and their families have a new tool to assist them in making career decisions – the 2005 edition of

the Career Handbook.

The 27-page booklet puts information on Navy benefits and core career enhancing programs at Sailors' finger-tips in an easy-to-use format that is available both as an insert to the May issue of All Hands, and online on the Navy Personnel Command (NPC) Web site at www.npc.navy.mil/AboutUs/NPC/PublicAffairs/.
The Career Handbook is an adap-

tation of what used to be the Retention Handbook. The handbook is broken down into seven areas: why the Navy is the employer of choice, en-listed personnel information, selection boards, officer information, education orgrams, career transition and retire-nent, and additional resources.

The handbook is a very useful tool

for Navy counselors, career counselors, and for chiefs or mentors to use in counseling sessions. The Career Handbook was developed by the NPC Communications Office and the Naval Media Center.



You *know* Dad deserves a brunch

On Father's Day, Sunday, June 19 from 11 a.m.-2 p.m., come brunch ith Dad at the Helmsman Complex. Treat the gentleman to a meal fit for a king: carved top round of beef au jus, peel-'n-eat shrimp, oysters on the half-shell, fried shrimp and clam strips, mashed potatoes and gravy, Italian green beans, steamed broccoli, soup and salad bar, rolls and butter, dessert bar, and coffee or tea. Mouth watering yet? Call 874-5131/5132 for more information or to reserve a spot.

Commentary

Captain

Captain's log

school, and many of us will find ourselves on the roads, out of doors, and in the pools. And according to the U.S. Consumer Product Safety Commission, many of us will also find ourselves injured, as this is the time of the year that the accident rate is at its highest. But it doesn't have to be that way, if we approach things with common sense.

Before escaping to the great out-

doors, know your limits. If you've spent most of the winter hibernating, quickly jumping into strenuous activity is courting disaster. Get in shape, use the right equipment and know the safety rules for your activity. And go easy with the alcohol. Drinking and driving isn't the only deadly combination; drinking and deadly combination; drinking and boating, drinking and biking, even drinking and walking can be hazardous to your health.

Do, however, drink lots of fluids, especially water. If you're being especially active outside, drink enough to your activity and hody weight.

for your activity and body weight. Dehydration is dangerous.

When you go outside, use sun-reen. Summer sun and heat ex-

walking around unprotected in a winter blizzard. Limit the amount of time kids spend outside in the sun without protection as well. Data has shown that damage to a child's skin prior to the age of 18 can play a major role in whether they'll develop skin cancer as

As you go about driving both on and off the base, be aware that the kids are out of school, which sometimes means that they're in the streets Be alert and ever-vigilant of speed limits. Lower speed limits in neighborhoods and on base may seem annoying when we're in a hurry, but they're there for a reason. You never know when that ball that bounces in front of your car will soon have a small child appear out of nowhere, chasing it.

And children aren't the only concern on the roads. With nicer weather, more people take to the roads, and many take even greater advantage of the weather by riding motorcycles. If you ride, ride safely, and enroll in a motorcycle safety course. And even if you don't ride, we have to share the road with those who do -- be watch-ful, especially when making lane



maneuvers. finally, I can't stress enough the importance of safety in swimming pools. Don't let young children swim unattended, regard-less of how strong they are. Lifeguards often have a lot of swimmers to monitor; they can't always double as babysitters. Weaker swimmers should always use floats. Horseplay has no place in or around pools. And if you or your children aren't feeling well, it's bet-ter not to go swimming at all -- contaminants such as feces or vomit can effectively shut a swimming pool down anywhere from a few hours to several days, but more than that, they are a health hazard to other swimmers.

Have a safe and fun summer!

Chaplain's corner

How much is a father worth?

By Chaplain Rob Beede

I have a picture in my office of college graduates in tassels and robes all lined up to receive their diplomas. It is time to graduate! On the back of one of the gradu-

ates is a sign. In big letters it reads, "THANKS, DAD!"

The reason I'm describing this picture to you is to get us thinking: how much is a father worth? To that young graduate, her dad is worth a lot. She recognized that without her father's and mother's help (and money!), she

wouldn't have graduated.

Parents play a pivotal and critical role in their child's life. Some of these roles include provider, protector, and playing

The Bible talks about another and even more important role par-ents have, and that is to be the

spiritual leaders in the home. Parents are to rear their family in the ways of God. The Bible tells fathers, "Do not provoke your children to wrath, but bring them up in the training and instruction of the Lord" struction of (Ephesians 6:4).

The biggest role a father has in his child's life is to shape their mind and heart to love and honor God. He does this by what he says and how he lives his life.

That is a big job.

As we celebrate Father's Day, I want to urge you, whether you are a father or not, to take the time to make a difference in the life of a child today. Also, if you can, take the time to say "thanks" to your parents for giving of themselves to help you become who you are today.

Speaking for the fleet

By FLTCM(AW/SW) Rick West Fleet Master Chief Petty Officer U.S. Fleet Forces Command (Pacific)

- "Heeellllooo?"
- "Is there anybody around here?" "HHUUUHHLLLLLLLOOOO!!?!??!?!?!"
- "Go away -- come back on Monday," was the first thing I heard.

Did that set the right tone?

How many of you old-timers remember living through the intimidation of reporting on board? No rack, no linen, no help and no clue. Most of us dreaded our first couple of duty stations because we just didn't have the experience to quickly adapt to a new command.

Sadly, too many of our newest Sailors are still living through this, and it is a main reasons so many first-term Sailors are lost to job dissatisfaction, apathy, captain's mast and other morale-killing reasons.

So what's the problem?
Too many of our chiefs and senior petty officers don't always get involved with the check-in process for our young Sailors. Too many of us are turning our backs on the junior folks when they need us the most.

They need us in those first 72 hours of reporting aboard. That period of time "sets" the tone for the ship and for the newest crewmember. If you haven't seen the Navy's "First 72 Hours" video, then I recommend you get your hands on a copy -- it's a eat training tool.

While I can hear most folks snick-

er about the 72 hours program, I know it works. I've seen it work: I've watched our Sailors (all ranks) make it work. And those who snicker in public privately know I'm right.

And if I sound a little over the top here, it's because I know -- I KNOW - this first bit of caring and concern on
our part is a valuable, small investment of time and energy.

It ensures we start our new, and often confused, member of the team on the right track. This little invest-ment in time is better than the "negative" time later with counseling sessions, bad evals, executive officer inquiries, disciplinary review boards, captain's masts, poor job performance and all the other headaches that come with poor performance and bad attitude

The key is strong, proactive leadership in sponsorship, mentoring and just showing basic respect for

Let's go through the checklist.
We usually get orders on folks in advance, so most of the time we

Set the tone ... the first 72 hours

know they're coming -- so they're going to need a sponsor (pick that sponsor carefully).

This initial contact gives you the chance to start out right. You find out what they need; get their travel itinerary; let them know about expectations from you and the command; ask if they have family and a place to stay; give directions to the command; and, most importantly, you get the chance to let them know they are already a valuable member of the team before they even

set foot on the quarterdeck.

Now, the ideal situation has the newly reporting Sailor being met at the airport by the sponsor or a handpicked member of the command. When bringing them on during the week or during the weekend, the hand-off to the command should be the same. This may sound a little strange, but I always, without fail, made new Sailors call home within the first hour of crossing the quarterdeck.

I've seen ships that had a lot of success with this. It's important for the new Sailor, and the family at home, to hear those words, "I made it, and I'm okay." It relieves a lot of stress and tension on both sides.

Okay, now we're moving from the quarterdeck to the absolute essentials: a place to sleep, a place to eat, and a place to work. Some other things to think about are:

- Calling the leading petty officer (LPO), chief petty officer, division office or department head if on the weekend. One should come to the ship to meet the new Sailor
- Conduct egress, or emergency, procedures as soon as possible. Conduct administrative process-
- ing.

 Assign a "hand-picked" running mate from the division or duty section.
- · Tour the base and go over the procedures for messing, berthing, plan
- of the day routine and work hours.

 Have the duty driver take the Sailor to the Navy Exchange for basic items. This is a good opportunity to show your new Sailor the base facilities.

With that done, we've moved on to get their rack ready for them with the linen all set. Lockers are assigned, gear is securely stowed away, and we've made sure they know how to get to the office. We start getting dividends by getting them involved with the command right away.

Because we've taken care of these issues, we have a Sailor who's more relaxed, familiar with our expectations, and fairly squared away within the span of a weekend. From my chair, it looks

And it's a far sight better than being on the signal bridge at mast with the commanding officer asking why we



lets our

new Sailors off the hook. Personal responsibility still requires they live up to their obligations to the Navy and their new command.

They have the responsibility to make sure they are talking with their sponsors and new com-mands. They have to communicate with us so we can give them the right advice and assistance when needed. They have the responsibil-ity to help us make sure they're taken care of properly.

It's a fact many leaders look after each Sailor every single time vithout fail.

We don't do it because we have

an instruction sitting over us, or we're worried about the next command climate survey. We do it because as strong chiefs and LPOs, we know this is the right thing to do.

We do it because as Navy leaders, we realize this is the absolute, sure-fire method to get a Sailor on the right track from the start. We know that giving some basic courtesy and respect to our Sailors will pay big dividends down

The old adage of lead, follow or get out of the way doesn't apply here. We need leaders. So what are you going to do?

Are you going to lead or just get out of way? The people who get out of the way will have a lot of problems over the long haul. And trust me, it will be a long haul.





Mardest Van Hooks (at right and standing, above) was the guest speaker at this month's Ministry Luncheon at the Chapel Center.
The center's Fellowship Hall was filled with visitors from all parts of Navy Mid-South for inspiration and

Ministry Luncheon welcomes Van Hooks

Story and photos by Wayne Smith

Mardest Van Hooks spoke last week to guests at the monthly Min-istry Luncheon at the NSA Mid-South Chapel Center Fellowship Hall following a lunch provided by the Chapel staff. Van Hooks is an active member

of the Church of God in Christ, Memphis, where she holds many jobs from secretary to Sunday



School teacher.

Van Hooks began with a scripture reading, comparing life to a garden, and that love begins at home. She expressed her desire that everyone should spread the news and show love to everyone they meet. She continued that we should not be conformed to the world and its ways, but to look forward to better times.

Quote noted

An intellectual snob is someone who can listen to the William Tell Overture and not think of the Lone Ranger

I am not a has-been. I am a will-be. -- Lauren Bacall. U.S. actress

The problem with having a sense of humor is often that people you use it on aren't in a very good mood. -- Lou Holtz, U.S. fo

Any father whose son raises his hand against him is guilty of having produced a son who raised his hand against him.

— Charles Peguy, French philosopher

I have noticed even people who claim everything is predestined, and that ve can do nothing to change it, look before they cross the road.

-- Stephen Hawking, English physicist

How pleasant is the day when we give up striving to be young -- or

The two women exchanged the kind of glance women use when no knife is handy. -- Manfred Lee, U.S. mystery w

Bluejacket

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Pool 'accidents': not nice to talk about, but worse to swim in ... so let's talk!

It's a grossly distasteful subject: has just had an "accident"

someone has gotten hurt, but the kind that sends other patrons sloshing out of the water, groaning and gagging i disgust. Somebody has "lost contro because they were swimming while ill, or a parent neglected to drag their kid from the pool and force him to go to the bathroom before it became an

Pool defecations, as awful as they might be to think about, are a com mon problem wherever there are public pools. Even the base all hands pool is not without its share of incidents up to four or five mishaps of varying degrees occur per summer season, according to base MWR. Therefore, the problem needs to be frankly addressed, and patrons should always be mindful of their part in stemming possible health threats

Many parents don't think of swimming as an act of sharing water with others, and don't realize that illness can be spread through recreational or pool water. If they smell chlorine, many people believe the pool water is "sterile" and cannot spread illness. Many also believe that germs released from a sick person into chlorinated water are killed immediately.

Chlorine kills germs, it's true, but

it takes time -- and some germs can live for hours or even days in a well-maintained pool, spa or hot tub. The bacterial disease cryptosporidiosis, in particular, can be a real killer. It is a gastrointestinal infection caused by the parasite Cryptosporidium parvum, and can be fatal in people with a weak-ened immune system. Cryptosporidiosis is highly contagious and is fairly resistant to chlorine. It is easily spread when infected swimmers contaminate the pool water with their feces.

However, most germs in contami-

Hygiene rules for healthy pool water

- Wash yourself and/or your child thoroughly with soap and water be fore entering the pool.
- Don't swim when you have diarrhea. Anyone diagnosed with cryptosporidiosis should not enter a pool for 14 days after symptoms go
- Remind older toddlers and young children to take time out from play. They may be reluctant to visit the toilet. Help minimize accidents by taking them on frequent restroom trips (approximately every 30 to 60 min-utes; toilets are readily available at the All Hands pool house a few feet away from the swimming area). Plan regular diaper changes.
- Check swim diapers often. (Do not assume that swim diapers or plastic pants will keep fecal material out of the water -- at least be sure the diaper fits snugly around the legs and waist.)

 • Don't swallow pool water; don't allow child to drink pool water.

 • Change diapers in a bathroom and not at poolside. Don't leave soiled
- diapers near the pool.
- Don't rinse hands in the pool after changing diapers or going to the oilet. Wash your hands thoroughly in the bathroom with soap and warm water. Don't rinse diapered children in the pool before, during or after diaper changes
- Persons who are incontinent should wear close-fitting swimsuits or
- underwear to better contain a mishap.

 Swimmers should notify pool management of gastrointestinal illn that they think may be due to a visit to the pool.
- anyone changing a child's diaper in the immediate vicinity of the swimming area. Notify the lifeguard if you find fecal material in the water, or if you see

the water either by failing to clean adequately after a bowel movement or by having a bowel movement in the swimming water.

Healthy swimming behaviors in a pool can protect everyone from the spread of illness. With people conducting adequate personal hygiene pool contamination can be prevented Pool patrons need to realize that no one should swim when ill with diar rhea. Swimmers should never swal low pool water, because swallowing contaminated water is how most pool illnesses are spread. In addition, all diaper-aged and toddler children are at high risk of having fecal accidents in the pool. Therefore, wading pools are usually more likely to be contami-

ted than big pools.
The use of "swim diapers" may give parents a false sense of security regarding fecal contamination. Accord-Control and Prevention, no published scientific information exists on how well these diapers are able to keep s or infection-causing germs fro leaking into the pool.

Disposable diapers can break apart in the water and should not be worn in a public pool. (The base all hands pool requires diaper-aged children to be in swim diapers.) However, it is unlikely that even swim diapers are able to keep diarrheal stools from leaking into the pool. Again, parents must understand the importance of not allowing their children to swim when they have diarrhea.

In addition, swimmers with other or conditions such as a cold, flu, skin eruptions, open blisters or inflamed es, should be excluded from the



Base MWR has a written standard operating procedure for its response to pool defecation:

- Secure the pool and remove all patrons from the water.
- · Remove the material with a strainer net, then clean the strain et with bleach or a comparative dis-Pour liquid disinfectant into the
- area where the material was located. allowing 10 minutes for the pool chemicals and the added disinfectant to kill all bacteria from the material. Notify the base operating services
- the Branch Health Clinic of the incident, and request a bacteria test of a pool water sample. · Allow patrons back into the pool upon completion of the disinfectant process (the process should not ex-

contractor and Preventive Medicine at

ceed 30 minutes). · If the water sample bacteria test is positive, and if Preventive Medicine deems it necessary, promptly notify all customers (by using the pool signin log) who have had possible expo-

sure to the bacteria. If the defecation is in the form of diarrhea, the pool must be closed for

a minimum of 36 hours. A process of super-chlorination is pushed through the filtration system, where a concentration of chlorine too high for people to swim in "shocks" the pool water and kills all bacteria. "We need the 36 hours for the chlorine to break down and dissipate before allowing patrons back in the pool," said Ronnie Miles, NSA Mid-South MWR director.

The MWR pool staff always does its utmost to ensure the pool is a safe, clean environment for customers. "We test every day for bacteria and proper chlorination levels," said Miles. "Our lifeguards and contractors are very attentive to the condition of the water." However, Miles said everyone realizes that children are especially unpredictable, and that accidents will evitably happen.
"We depend on parents to use com-

mon sense in deciding whether it is okay to let their children into the pool," he said. "Patrons need to realize what a tremendous effort it takes on our part to get the pool back in shape when it becomes contaminated. We're asking that people simply refrain from using the pool when they are sick with something that others can catch."

Surveys on MWR, FFSC go to Sailors

By JO1 Teresa Frith y Personnel Command Communications

Two important Navywide quality of life surveys are now reaching the hands of selected Sailors that will allow them to give their opinions on MWR and Fleet and Family Support

Center programs.
Navy Personnel, Research,
Studies and Technology on board NSA Mid-South developed the surveys in consultation with the Quality of Life Policy and Oversight Division within the Fleet Support Department of the Navy Personnel Command and Commander, Navy Installations. The survey results will be used to gauge satisfaction with these two programs.

The MWR survey covers programs and services such as child and youth development, fitness centers, golf, bingo, bowling, swimming, outdoor recreation, internet access, and movies, while the FFSC survey covers programs and services that include personal financial management, relocation assistance, transition assistance, spouse employment, deployment support and family advocacy. Questions are about frequency of use, satisfaction, and the perceived impor-

tance of these and other programs.

Notification was mailed to approximately 35,000 randomly-selected enlisted Sailors and officers evenly divided between the two surveys Participation is voluntary; however responses are highly encouraged

Unsupervised swimmers age 13 to 17 must take swim test at all hands swimming pool

cluding family members of active Reservists and military retirees) or any child of a Department of De fense employee, age 13 to 17, may use the all hands swimming pool without being accompanied by a parent or other adult provided the child has demonstrated the ability to safely swim in all areas of the swimming pool and has written permission (with accurate emergency contact information) from his or her

parent or legal guardian.

MWR asks that all children wishing to use the pool unsupervised come by the pool during the recreational swim with a parent or legal guardian. They will be asked to fill out the emergency contact information form and take a quick swim test. The test is as follows

- Swim 25 meters
- . Tread water for one minute
- Jump off the diving board and return to the side without

Once a child has successfully completed the swim test and his or her parent has signed the paper-work, the child may use the swimming pool unsupervised for the rest of the summer. Next summer, repeating the swim test will not be necessary but the emergency contact information must be updated and the parent or guardian must sign the form again.

Any child who is unable to complete the swim test will not be allowed to remain at the swimming pool without an adult present to supervise and be responsible for that child.

Don't forget that proper identifi-cation is required each time a person visits the swimming pool



NEX Memphis June 2005





| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | |
|---|----|---|----|--|----|---|--------|--|-------------------------------------|--|-----------------------------------|--|---------------|--|
| | 12 | Flower Shop | 13 | Creat for Dad | 16 | | 15 | | 16 | | 17 | | 1 | |
| 25% Men's Dress 25% Shirts, Ties, Socks, 4 Off Underwear | | 3-99 Wrapped Spring Flowers thru June 19 | | 8.99 18 pk. Titleist Recycled Golf Balls | | Day Sale | A Sale | | 15% Off Motion Clocks By Rhythn USA | | FATHER'S DAY BINGO 5-8PM | | 4/\$9 12 Pks. | |
| | 19 | Benuty Salon | 20 | | 21 | | 22 | | 23 | | 24 | | 21 | |
| HAPPY FATHER'S DAY | | \$35 Manicure & Pedicure Reg. 540 | | After Soft N Dri S1 coupon Reg. 2.29 Deoderant | | NEX with Furniture & Mattress Sale Begins | | Victoria Secret Garden Product Semi-Annual Sale 3 for \$15 | | Trip for 2 to NASCAR Reunion Race in 12 Pks. Atlanta | | Buy 1, Get 1 ½ Off Entire Stock (repail or lesser salue) Playtes, Itali, 6 Maidentown I nurdations | | |
| Lust Day | 26 | | 27 | Garden Shop | 28 | 3 | 29 | | 30 | Citgo June | | e Specials | | |
| All BeautyRest & Posturopedic on Sale \$75.01 \$100.00 fwin Sat Fall Sat \$125.01 \$150.00 Queen Sat King Sot | | 29.99 Scund AS Vacuum | | \$9.99 Your Choice 4 ply 5/8" x 75' | | NEX Sale | | All Swin Beach To | | Sale Price | Item | Reg. Price | You Save | |
| | | SEEN Wet/ ON TV! Clear | | Hose or Nozzk | | * Starts | * | 20% O | ff | .99¢ | Gatorade 32 oz. Drinks | 1.49 | 50¢ | |
| PACKAGE STORE EVERY FRIDAY IN JUNE 12-3PM BEVERAGE TASTING | | | | Coming in July | | | | | .99¢ | Lay's Stax Chips | 1.59 | 60¢ | | |
| | | | | *4th of July Sale *Back to School | | | | | | 2/\$4 | Chips Ahoy Cookies | 3.39 ea. | \$2.78 | |
| | | | | | | | | | | 2/\$4 | Cineamon Total & Lucky Charms | 4.39 & 3.99 | \$4.38 | |

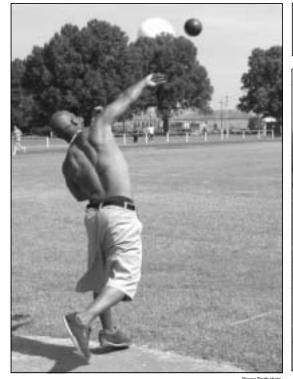


Jeff Burrell (left, PERS 6) and Keith Blake (PERS 3) are neck-and-neck at the finish of the 440-yard sprint.

NAVY PERSONNEL COMMAND



Just like in the real Olympics, gold, silver and bronze medals awaited the first, second and third-place finishers.



Nigel Neal (PERS 673) heaves hard in the shot-put competition.



Members of a four-man team pass the baton during the grueling Monster Relay, being careful not to drop it and lose valuable time.

NPC 'Olympians' face off in the summer heat

Whether it was running, swimming, jumping, bowling or other athletic competitions, Navy Personnel Command (NPC) was into it full-force during this year's NPC Olympics. This year's competition included 37 events, involving 510 participants that gave their all

ing 510 participants that gave their all to support their team.

At the end of the week, PERS-48 took home first-place honors, with PERS-45 taking second place and PERS-402 and PERS-6 tying in for hird. "The goal each year is to build teamwork, morale and physical readiness, and to have fun," said Patrick Hills, Olympic co-chairperson. "There were more family members that enwere more family members that enjoyed the final day at the command picnic. This year's events were a great success overall, and everyone had a great time. There were no losers be-cause everyone gave 110 percent." Hills said the sixth annual NPC

Olympics more than met the command's expectations. "My sincere appreciation goes to all MWR, company sponsors, committee members, volunteers and the PERS codes who participated in this year's Olym-pics," he said. For photos of the command picnic after the games, see p. 5.



Stephanie Watkins competes in the standing broad jump.



Judges Mike Engle (right) and Gene Hobbs (PERS 402) measure the distance covered by each contestant in the standing broad jump.



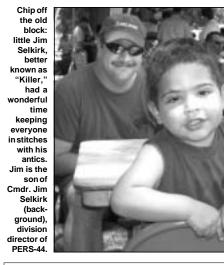
Swimming free-style, Stephanie Watters, PERS-408, shows good form in the first day of events.



HM2 Charles Bayorek holds his son, C.J., in front of the large sign he painted so that the PERS-44 picnic area could be readily seen – as if the bright purple and gold shirts they were wearing couldn't identify where

Olympic-sized appetites follow NPC games

Photos by Jo Ann Taylor





Promotions and awards

Frockings

Navy Personnel Command (NPC) and Admiral John Stewart take pride in congratulating NPC's newly advanced petty officers.

NPC

QM2 Jorge Cossio, PERS-4 CTA2 Kristin Kuhn, PERS-408 YN2 Derrick Neese, PERS-403 HM2 David Vass, PERS-67 YN1 Christopher Cady, PERS-00M IT1 Robert Curtis, PERS-74 AD1 Kristel Robinson, PERS-404DG3 ET1 Gregory Smith, PERS-6 HM1 Thor Westby, PERS-4

Branch Health Clinic

DT3 Christin Cashwell DT3 Ronnie Lackey DT3 Brandon Ortega HM2 Laknesha Cooperwood HM2 Roxanne Rau **HM1 Sonya Hendrix** HM1 Eric Kersey



A view of ditch 241, which runs beh



Project aims to 'ditch' the mosquitoes

Story and photos by Warren Roseborough

The Army Corp of Engineers is busy on a base-wide project financed by the Navy to fill all of the base's drainage ditches with rocks in an attempt to eliminate

most of the stagnated water.
Willie Vandergrift, superintendent for the Army Corp of Engineers and the person in charge of the project, said,"The water in the ditches is a haven for mosquitoes that could possibly cause the West Nile virus.'

The other reason for the project is to protect the banks of

project is to protect the banks of the ditches from washing away. The drainage ditches flow from east to west, eventually reaching Big Creek.

The Corps has been on this project for the last two weeks and will probably take another two weeks or more to complete it.



The rock-lined and filled ditches will reduce the possibility of West Nile virus being spread by mosquitoes hatching on stagnant water.